

MODIFIED MEALS 350g

Beef, Lamb or Chicken Add \$1.00 for hot meals
All meals come with seasonal vegetables.

Minced meals	\$8.25
Pureed meals	\$8.25
Soft/chopped meals	\$8.25

SOUPS

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Beef and vegetable	GF	\$3.85
Chicken and vegetable	GF	\$3.85
Minestrone		\$3.85
Pea and ham		\$3.85
Potato and leek		\$3.85
Pumpkin	GF	\$3.85

DESSERT

Apple sultana crumble with custard		\$3.85
Apple rhubarb crumble		\$3.85
Baked vanilla rice pudding <u>w</u> cream	GF	\$3.85
Banana cake		\$3.85
Blueberry sponge crumble <u>w</u> custard		\$3.85
Bread and butter pudding		\$3.85
Carrot cake		\$3.85
Choc mud cake		\$3.85
Chocolate mousse	GF	\$3.85
Fruit salad	GF	\$3.85
Jelly peaches and custard	GF	\$3.85
Lemon cheesecake <u>w</u> fresh cream		\$3.85
Peach Pie with Custard		\$3.85
Sticky date pudding <u>w</u> caramel sauce		\$3.85
Tiramisu pudding		\$3.85
Tropical pavlova		\$3.85

GF = Gluten Free (not suitable for coeliacs)

*Menu is correct at time of printing, August 2019.
Menu items and prices may change without notice.

It's like having a familiar friend around for dinner.

At Sutherland Food Service It's all about working with you to stay in your home, independent and safe.

Meal times have always been meant to be shared with others. At times, particularly if you live alone, preparing a variety of healthy well balanced meals can seem more effort than its worth. At these times it's nice to know there is someone you can rely on to bring a satisfying meal to your door, at an affordable price and a chat.

Our menu consists of an extensive range of meals suitable for all tastes, lifestyles and dietary restrictions. Meals are delivered Monday to Friday, frozen or hot at lunch time with an easy to use online ordering system or a quick phone call.

We are able to provide meals to eligible individuals who are registered with My Aged Care (1800 200 422). We also cater for Aged Care Package, NDIS or private customers for a small administration fee.

If you want to discuss any aspect of our service, just give us a call or drop us an email.

430 Kingsway, Caringbah NSW 2229
Post Office Box 2497 Taren Point 2229

T 9540 7365 or 9526 6126

E info@foodservices.org.au

sutherlandfoodservices.com.au



Registered NDIS Provider

SUTHERLAND
FOOD
SERVICES



MENU
Autumn 2019

T 9540 7365 or 9526 6126

MENU

Autumn 2019

To avoid disappointment, please place your order 2 days in advance.*

\$1.00 charge for hot meals.

All meals come with seasonal vegetables.

ORDERS

Office hours 8.30am to 3pm Monday to Friday

Call: 9540 7365 or 9526 6126

Online: sutherlandfoodsolutions.com.au

BEEF 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Beef and bacon casserole	GF	\$8.25
Beef stroganoff	GF	\$8.25
Corned silverside	GF	\$8.25
Cottage pie	GF	\$8.25
Roast beef with gravy	GF	\$8.25
Sausages with gravy	GF	\$8.25
Spaghetti Bolognese		\$8.25
Steak and kidney pie		\$8.25
Steak and mushroom pie		\$8.25
Veal parmigiana	GF	\$8.25
Vienna schnitzel with gravy		\$8.25

LAMB 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Balsamic Lamb with Red Wine	GF	\$8.25
Irish Lamb Stew		\$8.25
Lamb chop with gravy	GF	\$8.25
Lamb and mint rissoles with gravy		\$8.25
Lamb and Rosemary Pie		\$8.25
Roast lamb with gravy	GF	\$8.25
Shepherd's pie	GF	\$8.25

PORK 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Ham and cheese omelette	GF	\$8.25
Pork steak with honey soy sauce		\$8.25
Quiche with bacon, spinach, cheese		\$8.25
Roast pork with gravy	GF	\$8.25

CHICKEN 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Chicken and coriander rissoles with chunky tomato	GF	\$8.25
Chicken and vegetable pie		\$8.25
Chicken schnitzel with gravy		\$8.25
Curried chicken with rice		\$8.25
Honey soy chicken		\$8.25
Roast chicken with gravy	GF	\$8.25

FISH 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Crumbed Fish & Wedges		\$8.25
Curried prawns and rice	GF	\$8.25
Salmon fish cakes		\$8.25

VEGETARIAN 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Macaroni cheese		\$8.25
Vegetarian cottage pie	GF	\$8.25

PREMIUM MEALS

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Beef Ragu Lasagne		\$8.85
Grilled Atlantic salmon with lemon and dill cream sauce		\$9.85
Grilled Barramundi with ginger shallot butter and rice	GF	\$10.85
Pulled Pork with BBQ sauce	GF	\$8.85
Roast turkey breast with gravy	GF	\$8.85

MINI MEALS 200g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Apricot chicken w mash potato		\$5.85
Battered fish with potato wedges		\$5.85
Beef and bacon casserole		\$5.85
Beef Lasagne (no vegs)		\$5.85
Beef Stroganoff		\$5.85
Chicken and cheese pie		\$5.85
Chicken honey curry with rice		\$5.85
Chicken mornay with spiral pasta		\$5.85
Chicken schnitzel with gravy		\$5.85
Chicken wing in BBQ sauce	GF	\$5.85
Corned silverside w parsley sauce	GF	\$5.85
Cottage pie	GF	\$5.85
Curried prawns with rice		\$5.85
French Lamb Casserole	GF	\$5.85
Lamb and mint rissole with gravy		\$5.85
Lamb and Rosemary Pie		\$5.85
Macaroni cheese		\$5.85
Meat pie		\$5.85
Pork steak with honey soy sauce		\$5.85
Pumpkin & Arancini Balls		\$5.85
Roast beef with gravy	GF	\$5.85
Roast lamb with gravy	GF	\$5.85
Roast pork with gravy	GF	\$5.85
Sausages with gravy	GF	\$5.85
Shepherd's Pie	GF	\$5.85
Spaghetti bolognese		\$5.85
Spinach and fetta omelette	GF	\$5.85
Steak and kidney pie		\$5.85
Tuna mornay w mashed potato		\$5.85